

MIDDLETOWN



Prime Times

A Monthly Publication of Programming, Events, and News for Middletown Residents 60+



61 Durant Terrace



(860) 638-4540

www.middletownct.gov/seniors

MAY 2015



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1st Annual Senior Services Expo May 5th from 10am-3pm

**Valuable Information, Health Screenings, Chair Massages, Door Prizes, Raffles, and Giveaways!!
Free Continental Breakfast & Cookout Lunch**

We are thrilled to announce our first annual Senior Services Expo!! Many local service providers, city departments, and state agencies will be in attendance! You can stop in any time during the 10am-3pm timeframe and stroll through the tables of information. This is an excellent opportunity to meet people and gather valuable information on programs and services available to Middletown's older adults. Many of the registered providers will be offering health screenings and promotional giveaway items.

The Mayor is scheduled to speak towards the beginning of the expo in the dining hall. The doors will open just prior to 10am. Please allow vendors to set-up and get prepared for the 10am expo. No early-birds. **There are no other activities running this day.** If you need transportation, don't forget to make your reservation in advance using our enhanced dial-a-ride service 860-347-3313. **If you plan to attend this fantastic event, please pre-register by calling in advance or by stopping at the front desk.** This is the only way for us to make sure we have enough food for lunch.

Health screenings such as: glucose testing, blood-pressure, low-vision, hearing, etc.

State Agencies including: Senior Resources Area Agency on Aging, The Department of Social Services, and The Office of the Victim Advocate

City Agencies including: The Police Department, Fire Department, Dispatch, Health Department, Russell Library, Recycling Department, Arts & Culture, The Recreation & Community Services Department, Middletown Adult Education, Middletown Area Transit, and more!

Other Participation including: Middlesex Hospital, Community Health Center, End Hunger CT!, Amazing Grace Food Pantry, Beltone New England, St. Luke's Community Services, Gilead, Dzialo, Pickett & Allen, P.C., Water's Edge Center for Health & Rehabilitation, Middlesex Health Care Center, Luther Ridge, Crossing Bridges, Home Instead Senior Care, Autumn Lake Healthcare, Wadsworth Glen Health Care & Rehabilitation, Visiting Angels, One MacDonough Place, Homecare Connections, Heritage Commons, Lions Club, Kiwanis, American Legion, and more!!!

Special Bus Trip—May 10th

\$20 per person for this trip to the Hartford Symphony Orchestra. The performance is being held at the Bushnell Belding Theater. Bus departs at 1:45pm for the 3:00pm show.



HARTFORD SYMPHONY ORCHESTRA
MASTERWORKS: BEETHOVEN & MOZART

Entertainment by Sal Anastasio

May 12th 12:30-1:30pm



Musical entertainment by Sal Anastasio. Sal will play the piano and sing.



Hamburg & Hot Dog BBQ May 26th 2:00pm

Come for this delicious cookout meal featuring hamburgers, hot dogs, chips, beverages and dessert. Cost is \$5 per person and pre-registration is required.



Emergency/Storm Preparedness Presentation (Free)—May 28th 10:00am

ARE YOU READY?

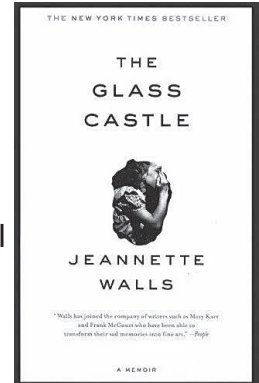
Meet Middletown's
Emergency Management Director, George
Dunn and learn valuable,

life-saving tips and information regarding preparedness in case of an emergency or major storm. June is the beginning of the Atlantic hurricane season. Refreshments will be served. Please pre-register so we have enough handouts.

May Book Club

Are you interested in joining our book club? The next book that we will be reading is "The Glass Castle" by Jeannette Walls.

Call for more information and to enroll in this program. Books will be supplied (\$3). Discussion will take place on Monday, May 18th from 2:30-3:30pm.



Senior Medicare Patrol — May 29th 10:00am



This free program is offered by Senior Resources & CT Legal Services. It's designed to help Medicare beneficiaries and their families become better informed healthcare consumers. Become empowered consumers and help protect yourself from becoming a victim of scam artists. Learn to recognize and report healthcare fraud.



Pierogi Making Project May 11th 1:00pm

Register for this fun and interactive pierogi making project led by Ann. Everyone will participate in making cheese pierogi and have some to take home. Pre-registration is required. \$3.00

Reiki Demonstration (Free) May 7th 12:30pm

Have you ever heard of Reiki and didn't know what it was? Did you know that we have Reiki appointments at our Center? This informational session & demonstration by Maryann Lonergan will help you understand Reiki and the many benefits it has. Reiki is a holistic therapy that uses a gentle hands-on relaxation and healing technique. It relieves stress, reduces pain, regulates blood pressure and can also provide an energy boost.



We're Bringing Back The 50's May 15th 5pm-8pm

Join us as we hear those great 50's & 60's tunes just as they were then with DJ Frankie B and the giant juke box along with Rockin' Rosie singing Patsy Cline's Great Hit "She's Got You". You won't want to miss this fun filled night! Ticket price includes dinner, entertainment, and fun! There will be a prize for the best dressed!



**\$7.00 Per Person
Pre-Registration Required**

Senior Services Division Contact Information

Main Number: (860) 638-4540
Fax Number: (860) 343-5427
Senior Services E-mail: Seniors@MiddletownCT.gov
Senior Services Website: www.cityofmiddletown.com/seniors
Acting Director: Debbie Stanley (860) 638-4501
Senior Services Manager: Ann Gregg (860) 638-4548
Senior Services Coordinator: Heidi Geores (860) 638-4541
Senior Services Specialist: Laura Runte (860) 638-4542
Municipal Agent / ADA Compliance Officer: Laura Runte (860) 638-4542
Program Aide/Custodian: John Marion (860) 638-4540
Sr. Bus Driver: Mike Rogalsky (860) 638-4540
Café Manager/Reserve Lunch: CW Resources (860) 558-5285

Senior & Community Center Tours

If you haven't visited our new Senior & Community Center yet and would like a guided tour, we will be offering tours on: May 7th at 2:30pm and May 20th at 11:00am.

Volunteer Club Meeting May 20th 10am

Are you interested in volunteering for the Recreation & Community Services Department? Come to our monthly volunteer club meeting and find out how you can get involved.

Community Café Free Lunch Winner

Congratulations to Janet Manthay, our April winner. Enter for a chance to win a free lunch, compliments of CW Resources.

March's Brain Teaser Winners

**Phil Aparo, Carolyn Campagna, Nancy Clayton, Ed Cook, Gerard Cyr, Joan Fazzino, Nancy Glenn, Robert Hickcox, Joan Konareski, Berry Kopylec, Sue Larabee, Mark Radziwon, Chuck Stanley, Coe Tewksbury, Rosemarie Vecchitto, Mamie Vickers & George Kepko*

***Denotes Prize Winner**

Congratulations to all of our winners. Please stop by the Center to pick up May's Brain Teaser.

We are closed on Monday, May 25th in observance of Memorial Day.

Lunch Served Daily



Lunch is served daily by CW Resources. Reservations are required at least 24 hours in advance. The suggested donation is \$2 per meal.

Please call Brian, our café manager at 860-558-5285 for a reservation.

Lunch menus available at the Center, on our website or can be e-mailed by request.

Recurring Programs/Services

(F) = Free (\$) = Cost Associated

Arthritis Exercise—Thursdays at 12:30pm (F)
Billiards—Anytime (lessons 1st & 3rd Wednesdays at 11am) (F)
Bingo—Wednesdays & Fridays at 1pm (\$) **Blood Pressure Clinic**—Tuesdays 12:45-1:45pm (F)
Book Club—Last Monday of the month at 2:30pm (\$) for book only
Cable TV—Anytime (F)
Card Games—Anytime & Thursdays at 12:30pm (F)
Ceramics—Mondays & Wednesdays at 12:30pm (\$) **Computers**—Laptops are available for use anytime (F)
Cribbage—Fridays at 1:00pm (F)
Dancing for Joy—Mondays at 1:30pm (F)
Dominoes—Anytime & Mondays at 12:30pm (F)
Drawing for Everyone—Tuesdays at 1pm (\$) **Exercise**—Mondays & Wednesdays 9am & Thursdays 10am (F)
Foot Care Clinic—2nd & 4th Wednesday 9am-3pm (\$) **Hearing Screening**—3rd Wednesday of the month 12-1 (F)
Knitting—Thursdays at 1pm (F)
Lending Library—Anytime (F)
Line Dancing—Thursdays at 2pm (F)
Mahjong—Thursdays 9am-12pm (F)
Massage Therapy—1st & 3rd Monday 9am-2:30pm (\$) **Movies**—Tuesdays at 12:30pm (F)
Ping Pong—By Reservation (F)
Reflexology—By appointment (\$) **Organized Board Games** (F)
Reiki—First Thursday or the month (\$) **Tai Chi**—Mondays at 10:30am (\$) **Therapeutic Exercise**—Tuesdays at 11am (F)
Yoga—Wednesdays at 10am (\$)

Transportation (860) 347-3313

Dial-a-Ride—The City of Middletown contracts with Middletown Area Transit to provide door to door transportation service for adults over the age of 60. The fare is \$2 one-way. Appointments for transportation must be made at least 1 day in advance 860-347-3313. An application must be on file with Middletown Area Transit.


Enhanced Dial-A-Ride—Adults over the age of 60 who would like transportation to the Senior & Community Center can contact Middletown Area Transit to schedule a ride. Reservations must be made at least 1 day in advance 860-347-3313. Same day requests cannot be guaranteed.

The only set schedule operating is:
Traveling to the Senior & Community Center (Pick-ups):

South Green	Sbona Towers	OMH	Rivers Edge	Senior Center
11:20	11:25	11:30	11:35	11:45

Departing from the Senior & Community Center:

Mon	Tues	Wed	Thurs	Fri
1pm	1pm	1 & 2:30pm	1pm	1 & 2:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 9:00-3:00 Massage 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:00 Pizza & A Movie 1:30-2:45 Dancing for Joy	5 10am-3pm Senior Services Expo Today!! Please come stroll through the expo and speak with all of the service providers. Continental breakfast and cocktail lunch will be served. The mayor will speak at the beginning of the expo. All other activities are cancelled. If you plan on staying for lunch, please register. Door prizes, raffles, giveaways and more!!!	6 9:00 Mohegan Sun Bus Trip 9-9:45 Exercise 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:30 AARP Membership Meeting 1:00 Self Guided Exercise 3:00-5:00 Middletuners Chorus Practice	7 9:00-12:00 Mahjong 9:00 Reiki 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Reiki Demonstration & Presentation 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing 2:30 Senior & Community Center Guided Tour	8 9:30 Zumba (DVD) 10:30 Bocce Instructional Session 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 1:00 Self Guided Exercise w/ free weights
11 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:00 Pierogi Making Project 1:30-2:45 Dancing for Joy	12 9:30 Buncos 9:30 Zumba (DVD) 9:45 Pier 1/Fishtale Bus Trip 10:00 Decoupage Flower Pot Project 11-12 Therapeutic Fitness 12:00 Lunch 12:30 Movie "Flipped"	13 9:00-3:00 Foot Care 9-9:45 Exercise 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exercise w/ free weights 3:00-5:00 Middletuners	14 9:00-12:00 Mahjong 10:00 Exercise 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 May Birthday Party 2:00 Line Dancing	15 9:30 Zumba (DVD) 9:30 June Bus Trip Sign-ups 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo 5-8pm 1950's Sock-hop Dinner Dance

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Chorus Practice	12:30-1:30 Monthly Entertainment—Sal Anastasio Piano Player & Singer 12:45-1:45 Blood Pressure Clinic 1:30-3:00 Aerobics (DVD)	18 9:00-3:00 Massage 9:00 Exercise 10:30 Tai Chi 12:00 Lunch 12:30 Ceramics 12:30-3:00 Dominoes 1:30-2:45 Dancing for Joy 2:30 May Book Club Meeting	19 9:30 Bunco 9:30 Zumba (DVD) 11:00 Chowder Pot / Mark Twain Bus Trip 11-12 Therapeutic Fitness 12:00 Lunch 12:30-4:30 AARP Safe Driver Program 1:30 Kidney Stone Presentation 12:45-1:45 Blood Pressure Clinic 1:30-3:00 Aerobics (DVD)	20 9:00-9:45 Exercise 10:00 Scrabble 10:00 Yoga 10:00 Volunteer Club Meeting 11:00 Senior & Community Center Guided Tour 12:00 Hearing Screening 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exercise w/ free weights 3:00-5:00 Middletuners Chorus Practice	21 9:00-12:00 Mahjong 10:00 Exercise 10:00 Meet our Acting Director 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing 2:00 Root Beer Float Social	22 9:30 Zumba (DVD) 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo
		25 CLOSED FOR THE HOLIDAY	26 9:30 Bunco 9:30 Zumba (DVD) 10:00 Mystic Village Shoppes Bus Trip 11-12 Therapeutic Fitness 12:00 Lunch 12:30 Movie "The Lunchbox" 12:45-1:45 Blood Pressure Clinic 1:30-3:00 Aerobics (DVD) 2:00 Hamburg & Hot Dog BBQ 6:30 Civitan Bingo	27 9:00-3:00 Foot Care 9:00-9:45 Exercise 10:00 Scrabble 10:00 Yoga 12:00 Lunch 12:30 Ceramics 1:00 Bingo 1:00 Self Guided Exercise w/ free weights 3:00-5:00 Middletuners Chorus Practice	28 9:00-12:00 Mahjong 10:00 Exercise 10:00 Emergency/Storm Preparedness Presentation by George Dunn 11:00 Yoga (DVD) 12:00 Lunch 12:30 Arthritis Exercise 12:30 Cards 1:00 Knitting 2:00 Line Dancing	29 9:30 Zumba (DVD) 10:00 Medicare Patrol Presentation 11:00 Meditation (DVD) 12:00 Lunch 1:00 Bingo



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(860) 295-6440



Bus Trips

May

- 6th**—Mohegan Sun Casino (9-4) \$4
10th—Hartford Symphony Orchestra \$10
12th—Pier 1 & Homegoods
 Fishtale Restaurant (9:45-2:30) \$3
19th—Mark Twain House
 Chowder Pot (11:30-1) \$10
26th—Mystic Village Shoppes (10-3:30) \$4

Bus Sign-ups for the June trips is May 15th at 9:30am. Sign-ups are done by a lottery. Numbers are drawn at 9:30am.

June

- 2nd**—Foxwoods Casino (9-3:30) \$4
4th—Hammonasset Beach (9:30-2:30) \$3
9th—Crystal Mall (9:30-3) \$4
10th—Wadsworth Mansion Tour & Tea
 Party (1:45-3:30) FREE
16th—Drake Hill Flower Bridge & Cracker
 Barrel (10-2:30) \$3
23rd—Gouveia Vineyard (11-3:30) \$6
30th—Elizabeth Park/Chowder Pot (10:30-
 2:30) \$3

Have you received your membership card? If not, please stop by the front desk.

Decoupage Flower Pot Project May 12th 10:00am



Create your own decorative flower pot using decoupage. All materials are provided. Space is limited. Pre-registration is required. \$5.00 per person.

Special Bus Trip— "Kiss Me, Kate" June 6th 2pm



Sign-up now for this trip to Hartford Stage to see the high-spirited musical comedy "Kiss Me, Kate". \$28 per person.



Root Beer Float Social May 21st at 2:00pm

Free—Please Pre-Register

Pool Lessons

May 6th and 20th at 11:00am

Please join us in learning the fundamentals of playing pool. This will be held the 1st and 3rd Wednesday of each month at 11am in the game room. Our volunteer instructor is Frank Bronner.



May Birthday Party May 14th 2:00pm



Celebrating all May Birthdays!! Everyone is welcome and encouraged to participate! Please pre-register. This helps us pick an appropriate size cake.

Bocce

The bocce court is now open! It can be used on a first come, first serve basis. An instructional session will take place on May 8th at 10:30am.



Pizza & A Movie May 4th 1:00pm



This fun afternoon event in the dining hall features a pizza lunch and a showing of the new release "Interstellar" featuring Matthew McConaughey & Anne Hathaway. The cost is \$2 per person and pre-registration is required.

Meet our Acting Director May 21st 10:00am

The Senior Services Division is part of the Recreation & Community Services Department. Our Acting Director, Debbie Stanley has overall responsibility for both the Recreation Division and the Senior Services Division. This meeting is a chance to meet Debbie and ask any questions you might have.

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Save The Date!!

June 9th at 9:30am— Presentation by Judge Joe Marino from Middletown Probate District 15 Court

June 6th at 2:00pm—Special Bus Trip to Hartford Stage for the “Kiss Me, Kate” performance.

Line Dancing **Thursdays at 2pm**

This is a free program instructed by Jim Gregory.



Educational Seminar– Kidney Stones **May 19th 1:30pm**

Join Janet Leonardi, RN (Coordinator for Risk Reduction Services) for an informational discussion on kidney stones. This relaxed informational session is a great time to ask questions.

Health

AARP Smart Drive Course **4-Hour Session 12:30pm-4:30pm** **\$15 for AARP members/\$20 non-members**

- Tips to sharpen driving skills
- How aging affects reaction time, seeing and hearing
- State laws and regulations
- Defensive driving techniques



Being Offered On: 5/19, 7/21, 9/15, 11/17